

WHY MEN RUN

I have heard many and varied reasons for the above statement but somehow, for me, Brutus Hamilton, head coach of the University of California and the 1948 Olympic team, said it best of all:

Many people wonder why young men like to run distance races. What fun it is? Why all the hard, exhausting work? Where does it get you? Where's the good of it? It is one of the strange ironies of this strange life that those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to...achieve a goal, are the happiest men. When you see 20 or 30 men line up for a distance race in some meet, don't feel sorry for them. Better envy them instead. You are probably looking at the 20 or 30 best "Bon Viants" in the world. They are completely and joyously happy in their simple tastes, their strong and well-conditioned bodies, and with the thrill of wholesome competition before them. These are the days of their youth, when they can run without weariness; these are their buoyant, golden days, and they are running because they love it. Their lives are fuller because of this competition and their memories will be far richer. That's why men love to run. That's why men do run. There is something clean and noble about it.

Be Careful
Be careful of your thoughts
For your thoughts become your words.

Be careful of your words
For your words become your actions.

Be careful of your actions
For your actions become your habits.

Be careful of your habits
For your habits become your character.

Be careful of your character
For your character becomes your destiny.

Author Unknown

IN THE BLEACHERS

Steve Moore



"Give it up, fool! You're dead!!!"